



Clean, shine,
polish, and unclog
the safe and
healthy way.

Healthy housekeeping: use less hazardous cleaners

Read the label before you buy. Buy and use the least hazardous product that does the job. Avoid products labeled DANGER or POISON.

Never mix household cleaners. Do not mix bleach with other cleaners or soaps, especially ammonia products. These mixtures create hazardous gases.

Use safer alternatives. Clean efficiently using common, less-hazardous, and inexpensive products.

Reduce your use of germ-killing cleaners. Overuse of antibacterial or antimicrobial products may create resistant germs. Simple soap and water are effective. Find more tips from Washington Toxics Coalition at www.watoxics.org/content/pdf/Antimicrobials.pdf.

Choose a product with little or no scent and avoid aerosols. Perfume chemicals may be irritants for children and people with respiratory ailments or sensitive skin. Aerosol overspray may contain propellants or solvents. Pump sprayers or wipe-on liquids typically use less product.

Avoid air fresheners and fabric softeners. These products add particles and perfume chemicals to indoor and outdoor air, which may trigger asthma and skin ailments.

True or false?

Indoor air is cleaner than the air outdoors.

False. We spend almost all of our time indoors where air is almost 100 times more polluted from gases and particles than outside. Open windows occasionally to air out your home with a fresh breeze. (Source: U.S. Environmental Protection Agency)

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Green Cleaning





Green Cleaning Recipes

Please keep in mind that even these basic cleaning products should be kept out of reach of children and pets. Please do not mix green cleaners with other products. Tree Tea Oil and Peppermint Oil should never be used in households with pet birds.

Recipes



Tub and Sink Cleaner

- Baking soda
- Castile liquid soap

You can use baking soda in place of your scouring powder. Sprinkle it on porcelain fixtures and rub with a wet rag. Add a little soap to the rag for more cleaning power. Rinse well to avoid leaving a hazy film.



Window and Mirror Cleaner

- 1/4-1/2 tsp Castile liquid soap
- 3 tbsp vinegar
- 2 cups water
- Spray bottle

Put all ingredients into spray bottle, shake it up a bit, and use as you would a commercial brand. **The soap is important.** It cuts wax residue from the commercial brands you might have used in the past. Spray on surface and rub with a diaper, other lint free rag, or sheets of newspaper.



Toilet Bowl Cleaner

- Baking soda
- Castile liquid soap

Sprinkle baking soda inside the bowl as you would with any scouring powder. Add a couple of drops of soap. Scrub with a toilet brush and finish outside surfaces with a rag sprinkled with baking soda.



Linoleum Floor Cleaner

- Vinegar
- Water

Mop with a mixture of 1/2 cup vinegar in a bucket of warm water. The vinegar odor will go away shortly after the floor dries.



All-Purpose Cleaner

- Castile liquid soap

Add a drop of soap on a wet washcloth and rub briskly. A washcloth will last longer and create less waste than a sponge.



Drain Cleaner

- Baking soda
- Vinegar
- Boiling water
- Zip It

This recipe will free minor clogs and helps to prevent future clogs. Pour 1/2 cup of baking soda down the drain first, then 1/2 cup vinegar. Let it fizz for a few minutes. Then pour down a teakettle full of boiling water. Repeat if needed. If the clog is stubborn, use a Zip It.

Oven Cleaner

- 1 cup or more of baking soda
- Water
- A squirt or two of Castile liquid soap

Do not use this cleaner on self-cleaning ovens. Sprinkle water generously over bottom of the oven, then cover grime with enough baking soda until surface is totally white. Sprinkle more water over the top. Let mixture set overnight. You can easily wipe up the grease the next morning because the grime will have loosened. When you've cleaned up the worst of the mess, dab a bit of liquid soap on a sponge, and wash remaining residue from the oven. This recipe requires "elbow grease," but is not toxic.



Furniture Polish

- 1/2 tsp oil, such as olive (or jojoba a liquid wax)
- 1/4 cup vinegar or fresh lemon juice

Mix ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover jar and store indefinitely.

Mold Killers

- 2 tsp tea tree oil* (available at local drug stores or online)
- 2 cups water

Combine in a spray bottle, shake to blend, and spray on problem areas. Do not rinse. This is a very effective natural solution for mold and mildew. Tea tree oil is relatively expensive, but a little goes a long way. Note that the smell of tea tree oil is very strong, but it will dissipate in a few days.



More Green Cleaning Recipes



Bug Spray for Plants or Ant Spray

- 1-2 tsp peppermint-scented Castile soap
- Water

Fill a spray bottle with water and add 1-2 tsp of peppermint scented liquid soap. To prevent sudsing, add the soap last. Spray this mixture directly on bugs that are on plants. The peppermint scent will also help to repel other insects that you can't see.



Citrus Disinfectant

- Peels from 1 orange, grapefruit, lemon or lime
- 3 cups white vinegar
- 1 clean quart jar with lid
- 1 clean 32 ounce spray bottle

Combine the citrus peel and vinegar in the quart jar. Fasten the lid on the jar and store the mixture in a cupboard for two weeks. Shake occasionally. Remove the peels from the jar. Pour the strained liquid into a spray bottle and fill with water.



Brass and Copper Polish

- 1/2 cup white vinegar
- 2 tbsp salt
- 1/2 lemon

In a saucepan over medium heat, heat the vinegar for 5 minutes. After 5 minutes, pour the vinegar into a small bowl and stir in salt. Dip the lemon into the mixture and rub it over the object. Concentrate on the most heavily tarnished area. Rinse the object in warm water and dry with a soft clean cloth. Buff to shine.





Silver Shine

- 1 quart hot water
- 1 tbsp baking soda
- 1 tbsp salt
- 1 sheet of aluminum foil

Fill the kitchen sink with 1 quart of hot water. Dissolve the baking soda and salt in the water and place a sheet of aluminum foil at the bottom of the sink. Rest the tarnished silver on the foil for 10 seconds. Remove and dry with a soft cloth.



Rust Remover

- White vinegar
- Steel wool
- Paper towels

Fill a wide mouth jar half full with vinegar. For small objects, drop them in the jar, screw on the lid and soak for a few days until rust loosens. Remove the objects, rinse and dry.

For furniture surfaces: soak a paper towel in vinegar and lay it over furniture surfaces to loosen rust. If the rust is stubborn, cover the towel with plastic wrap to keep the towel damp. Steel wool the spot smooth, rinse and dry.



Slug and Snail Trap

- Shallow dish
- 1 tsp dry yeast
- 1 tsp sugar
- 1 cup tepid water

To avoid killing slugs, place broken eggshells around the areas of your garden that slugs are attracted to. Otherwise, pouring salt directly on slugs will kill them. Put the yeast, sugar and water into a shallow dish and place near the plants you are protecting. The slug will be attracted to it and go into the dish.

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